

Twitter Thread by Subhasree Ray



Subhasree Ray

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■ **Health Benefits of Yogurt:** Yogurt, made by the bacterial fermentation of milk & a powerhouse of nutrients.

1 cup of yogurt provides:

49% of daily calcium need

38% of phosphorus

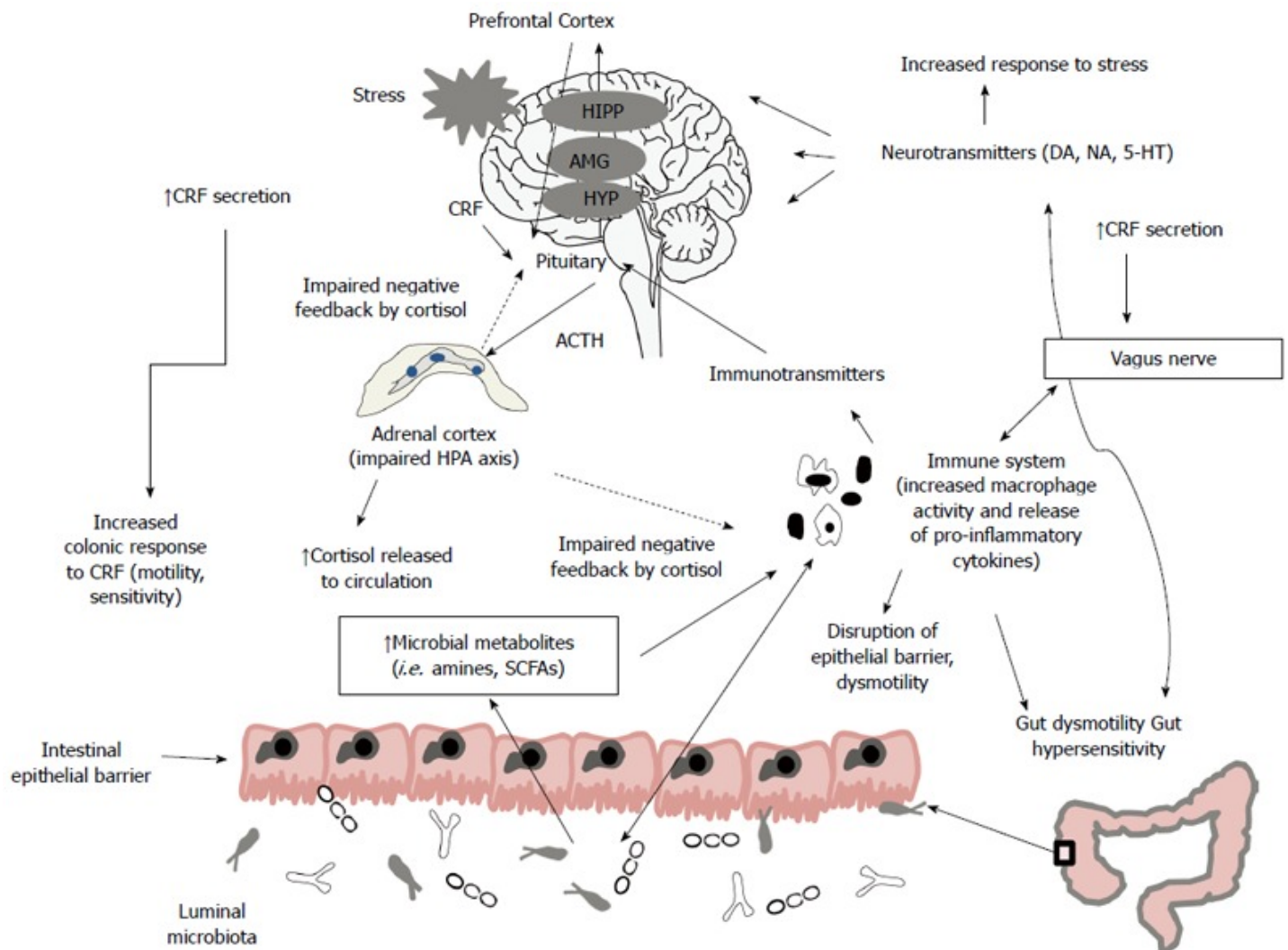
12% of magnesium etc.

Thread Explaining health benefits backed by science.

<https://t.co/P64klWaifJ>



1. Some types of probiotics found in yogurt, such as Bifidobacteria and Lactobacillus, have been shown to lessen the uncomfortable symptoms of irritable bowel syndrome (IBS), which is a common disorder that affects the colon.
<https://t.co/lcAfB9zj3p>



2. Probiotics may protect against antibiotic-associated diarrhea, as well as constipation.

<https://t.co/zDFXuNf8gl>

<https://t.co/XGGhQJHpGp>

3. Strengthening the Immune System:

A. Probiotic helps in reducing the intensity, duration, and severity of the common cold.

<https://t.co/ju942CnhAR>

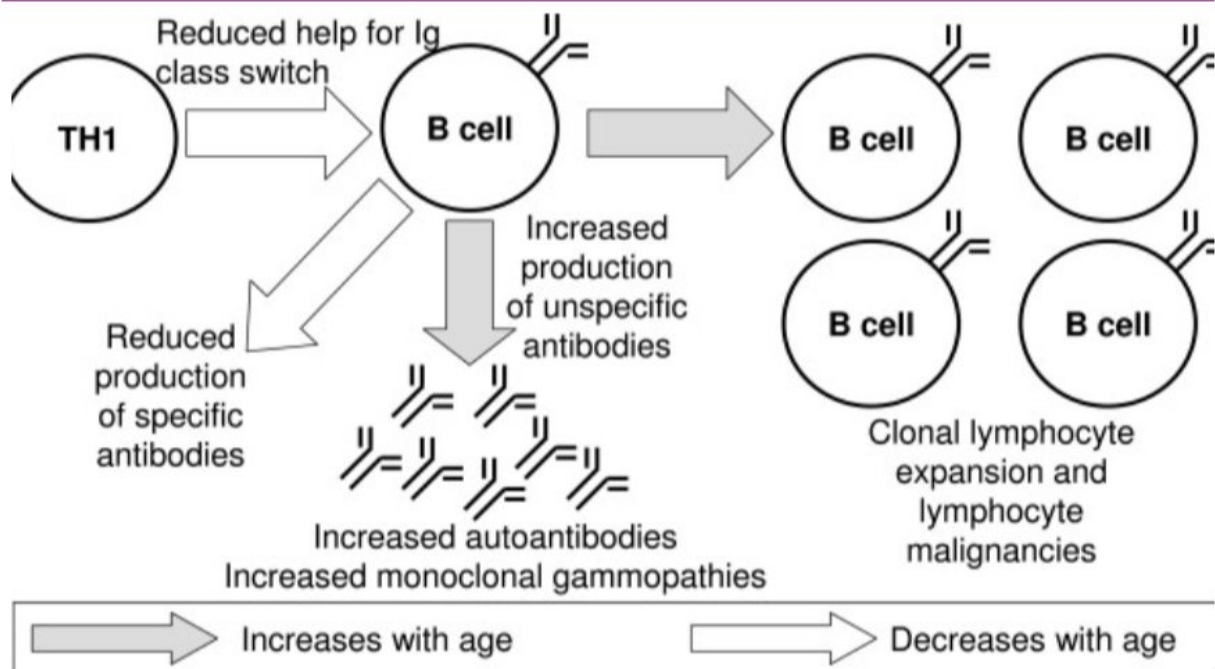
B. The immune-enhancing properties of yogurt are partly due to its magnesium, selenium, and zinc, which are known for strengthening the immune system.

<https://t.co/7EJH5ZlgVd>

<https://t.co/3YpkdCAmvq>

<https://t.co/WkFdR4l47r>

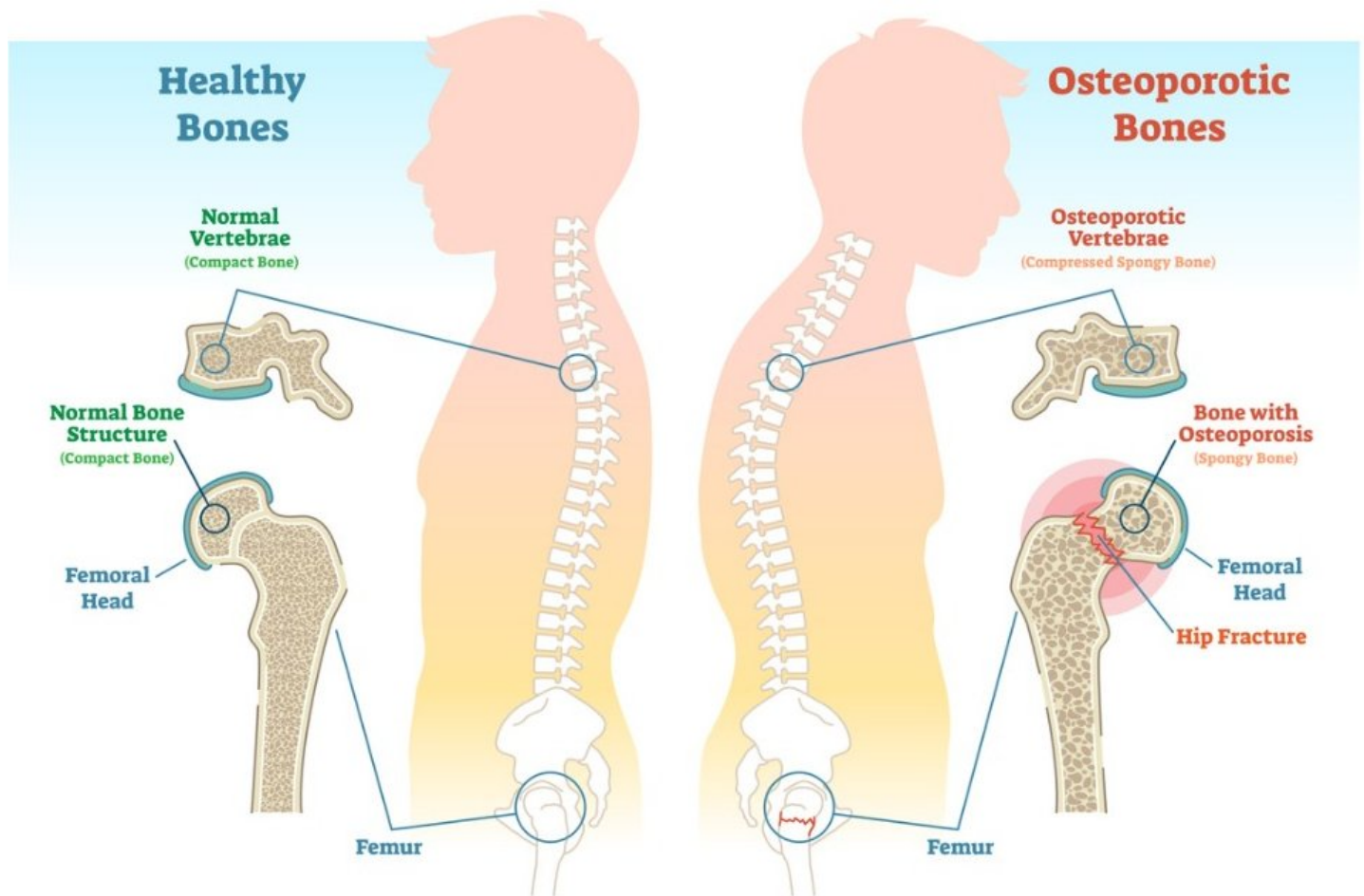
Zinc is essential for the immune system, and zinc deficiency affects multiple aspects of innate and adaptive immunity.



Immun Ageing. 2009; 6: 9; Metallomics. 2014 Feb 17.

4. Protection against osteoporosis: Yogurt contains some key nutrients for maintaining bone health, including calcium, protein, potassium, phosphorus, and, sometimes, vitamin D.

<https://t.co/EL1VH6UzcQ>

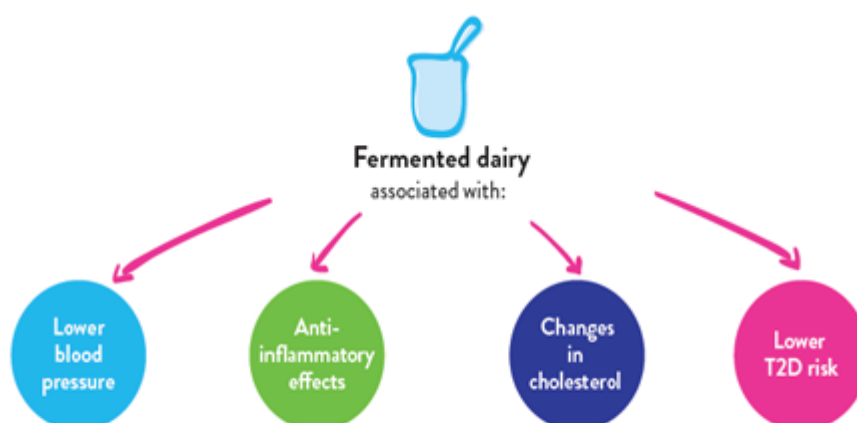


5. Current research shows that the intake of saturated fat from whole-milk products increases good HDL cholesterol, which may protect heart health.

<https://t.co/R6S0hS7VsP>

6. Yogurt has also been found to reduce blood pressure.

<https://t.co/IAPBYPeYXI>



Adapted from Lordan R, Tsoupras A, Mitra B, et al. Foods 2018;7:29.⁷⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5867544/>

7. Weight Management: One review found that the intake of full-fat dairy products, including yogurt, may reduce the incidence of obesity. This is contrary to what was previously believed about fat intake and weight gain.

<https://t.co/bDioqRoHs7>

This thread is compiled from information published by Healthline.